



4/3/13

## Healthy Movement Guidelines

### Position Statement:

Community Health Partnership strives to promote health and wellness by being a champion for exercise and movement. As an organization that employs staff, has volunteers, and serves the community, we are committed to promote health and wellness by providing physical activity opportunities.

Therefore Community Health Partnership will:

- Provide safe, clean, well-lit thoroughfares for accessing our location and events by walking and bicycling.
- Create opportunities for movement for staff and clients, such as “walking meetings,” stretch breaks, or recreational exercise classes.
- Find and capitalize on opportunities to promote exercise/movement to staff and clients.
- Provide a 5-minute physical activity break for every meeting lasting 90 minutes or longer.
- Help employees build physical activity into their day by getting to/from work via public transit, walking, and/or biking.

A handwritten signature in black ink, appearing to read "Robert J. Alvarez".